



Photos by Spc. Michael Adams

Daniel Baron (5), 2/7 Inf., drives the ball against Antoine Perry, 1/64, at Newman Fitness Center, Feb. 4.

1/64 AR defeats 2/7 IN in intramural action

Spc. Michael Adams
3rd ID Public Affairs

Intramural basketball is ongoing here as Soldiers from various units throughout the 3rd Infantry Division footprint are competing for this year's championship title.

In a late night match at Fort Stewart's Newman Fitness Center, Feb. 6, the 1st Battalion, 64th Armored Regiment took one step closer to their ultimate goal and sent home the 2nd Battalion, 7th Infantry Regiment with the final score 51-44.

The 2/7th got off to a strong start on strong team play with great outside shooting and stifling defense. Toward the end of the second half, however, the shots quit dropping, and their defense was no match for the Armor Regiment's inside play.

The 64th continued to dominate in the third quarter; their speed overcame 2/7th's defense. The Infantry Regiment tried scoring in the post, but their offense in the paint was mostly out-of-control

drives to the rim and their outside shots would not fall. But 2/7th continued to hustle as they stayed in the game with second chance points and offensive rebounds and even took the lead a few times over the 64th.

But the see-saw battle of the 3rd ended up being a one-sided affair, with the 64th dominating the paint, and the 2/7th unable to get any clean looks at the basket.

In the closing minutes of the fourth, the 2/7th did manage to get within two, but they were not able to stop the 64th's steamrolling offense. The 64th found the outside and knocked down some jumpshots to seal the fate of the game, 51-44.

The 64th is now in second place of the Marne Conference with a 6 and 1 record and 2/7 Inf. is tied for sixth with 3 and 4.

For more information on intramural basketball, schedules or standings, check out The Frontline newspaper or call the Fort Stewart Sports Office at 767- 8238.



Right: Brandon Sykes, 2/7 Inf., shoots the ball over James McElveen, 1/64 AR, Feb. 4.

Hunter's fitness center poses big challenge

Kaytrina Curtis
Hunter Public Affairs

Soldiers, Army Civilians and retirees registered for the Fort Stewart-Hunter Army Airfield 2009 Biggest Loser challenge throughout the week of Jan. 24. The week-long registration process garnered more than 50 participants, which included 38 individual participants and 11 two-person teams. The competition was open to all military identification cardholders.

Tominac Fitness Center Facility and Programs Director Eli Wilson said what he sees most rewarding is the self-confidence and energy that the participant receives when he or she engages in contests such as these. He said participating in similar events can become a life-altering experience.

"In today's fast-paced society, many people just don't have the time to eat right and exercise," Wilson said.

"Taking steps to lose weight and maintain a healthy lifestyle is hard work that takes dedication and sacrifice."

Family Member Michelle George was one of the first to sign up for the challenge at Hunter and said she joined to find the motivation to lose 20 pounds by the end of the program in May. She encouraged others to take a stand to lose weight and said some of her co-workers also joined the challenge.

All of the contestants received a Healthy Living packet to aid them throughout the contest. Every individual and team is required to weigh in at three different time periods: Feb. 23-25, March 23-25 and April 20-22, with the final weigh-in on May 16. The individual and team that loses the highest percentage of weight at Stewart and Hunter will receive a prize.

Wilson said patience is the key to losing weight.



Kaytrina Curtis

Tominac Fitness Center Facility and Programs Director Eli Wilson registers Family Member Linda Logan for the 2009 Biggest Loser Challenge while Family Member Michelle George tests her endurance on the cycle, Jan. 24.

"Set small goals and milestones along the way," he said. "Surround yourself with positive people who are willing to help you. Remember that choosing to

live a healthy lifestyle is not a short term plan. It takes permanent change in your lifestyle that will benefit you."

Jake's Body Shop: Pregnancy and exercise safety

Jake Battle
DMWR Fitness Director

Even if you're pregnant, you can learn to exercise safely and feel great about being fit. Staying active during a pregnancy can give your body a boost and make it easier for you to get back in shape after your baby is born.

But exercising during a pregnancy does require extra caution and knowledge of what you can and can't do. Keep the following tips in mind as you exercise while pregnant, and enjoy a safe, pain-free workout.

Coordination and balance
You will discover that while preg-

nant, you lose some of your sense of coordination and balance. Suddenly, your center of gravity changes, and this can greatly affect your workout.

Avoid activities, such as ice skating, tennis and some types of aerobics, which require a great deal of coordination.

Try to modify all of your intense activities during the second and third trimesters.

Eating for two



The number of calories you take in during your pregnancy must increase greatly. If you exercise, your body will require even more calories.

Nutritional supplements can help you receive the nutrients your body needs. An important nutrient called folate can reduce the risk of neural tube defects in the fetus, especially if started before you get pregnant.

What to avoid
Certain activities can be potentially harmful for the fetus. These sports,

such as basketball, soccer or karate, will put your pregnancy at risk.

A woman who is more than 20 weeks pregnant should be most concerned about trauma to the uterus. Trauma in this area can cause premature labor or even preterm delivery.

Your position
It is best to avoid exercises that require you to lie down, such as sit-ups or lifting weight on a bench press machine. This position can be potentially harmful to the fetus.

Talk to your healthcare professional. He or she can help you find the exercise program suited to your own needs and interests.

Local TKD students excel at Statesboro tourney

Phil Konz
Frontline Contributor

Their eyes were fixed, adrenaline pumping as they moved into a cat-like stance. Then, in a moment's flash, they jumped two, maybe three feet into the air spinning 360 degrees while performing a spinning heel kick. The impact of their foot completely smashes the three boards held nearly seven feet high, sending fragments of wood hurling through the air. As they landed securely back onto the floor in a fighting stance, they were ready to engage the next target. This was just one of the many scenes that occurred during Georgia Southern University's Third Annual Taekwondo Tournament held in Statesboro, Ga., Jan. 31.

Representing the Hinesville/Fort Stewart community at this event was a coalition of martial artist from several area martial arts schools.

This combined-forces team consisted of two adult competitors, Sgt. Becky Celli, Special Troops Battalion, 3rd Infantry Division and Mychael Conyers, plus 21 youths from the Fort Stewart Youth Services TKD class, and two Hinesville Schools - the World Martial Arts Academy, and the Liberty County Recreation Division's Sport Taekwondo Center.

Together, they traveled to GSU to compete in the forms, breaking, and sparring competitions. In the end, our community team gave the other competitors an education in competitive Taekwondo.

Fort Stewart CYSS

Name	Age	Spar	Form	Breaking
Nick Maryland	8	2nd		1st
Terri Brown	9	1st	1st	1st
Alexa Neal	8	1st	1st	
Skyla Haines	10	1st		1st
Dean Harrison	6	1st	1st	
Joshua Bones	9	1st	1st	
Paul Reeves	10	1st	1st	

World Martial Arts Academy

Name		Spar	Form	Breaking
Becky Celli	adult		1st	1st
Kevin Williams	8	3rd	2nd	1st
Paige Streeper	9	2nd	2nd	1st
Alexis Juddson	12	2nd	2nd	1st
Edwardo Renta	6	NA	2nd	1st
Tommy Win	12	1st	1nd	1st
Kaylee Camp	10	1st	2nd	1st

Liberty Sport Taekwondo Center

Name	Age	Spar	Form	Break
Michael Conyers	adult	1st	2nd	
T'Osia Frederick	16	1st	1st	
Mark Hall	8	3rd		
Patrick Cochran	9	2nd		
Kody Pitmon	11	1st		1st
Dakota Woods	15	1st		1st
Alex Sutton	8	1st		
Gatlin Woods	13	1st		2nd
Charles Hinds	10	1st	2nd	



Courtesy photo
Fort Stewart CYSS TKD student Nick Maryland, 8, performs a side kick in the process of breaking three boards, Jan. 31 at the Georgia Southern University TKD tournament.

2009 Intramural Basketball

ROCKY CONFERENCE

Date	Time	Court	Teams
Feb. 19	6:30 p.m.	1	2-3 BTB vs. 3rd Sig.
	7:30 p.m.	1	554th Eng. (B) vs. HHC 26 BSB
	8:30 p.m.	1	Co. B, 1/41 FA vs. Co. G, 1/41
	6:30 p.m.	2	Co. A, 3rd SB vs. HHB, 1/41 FA
	7:30 p.m.	2	984nd Eng. vs. 87th CSSB
	8:30 p.m.	2	Co. A, 5/7 Cav. vs. 90th HR
Feb. 23	6:30 p.m.	1	HHB, 1/41 FA vs. Co. G, 1/41 FA
	7:30 p.m.	1	90th HRC vs. 87th CSSB
	8:30 p.m.	1	984nd Eng. vs. 3rd Sig.
	6:30 p.m.	2	554th Eng. (B) vs. 2/3 BTB
	7:30 p.m.	2	Co. B, 1/41 FA vs. HHC, 26 BSB
	8:30 p.m.	2	Co. A, 5-7 Cav. vs. 3rd SB

MARNE CONFERENCE

Date	Time	Court	Teams
Today	6:30 p.m.	1	554th Eng. vs. 1/41 FA
	7:30 p.m.	1	1/64 AR vs. MEDDAC
	8:30 p.m.	1	Co. A, 26 BSB vs. HHC, 2/7 Inf.
	6:30 p.m.	2	Co. E, 3/69 AR vs. 1/30 Inf.
	7:30 p.m.	2	5/7 Cav. vs. Co. B, WTU
	8:30 p.m.	2	HHC, 1/3 BTB vs. Co. A, 1/9 FA
Feb. 18	6:30 p.m.	1	554th Eng. vs. MEDDAC
	7:30 p.m.	1	Co. A, 1/41 FA vs. Co. A, 1/9 FA
	8:30 p.m.	1	Co. E, 3/69 AR vs. HHC, 2/7 Inf.
	6:30 p.m.	2	Co. A, 26 BSB vs. HHC, 1-3 BTB
	7:30 p.m.	2	5/7 Cav. vs. 1/30 Inf.
	8:30 p.m.	2	1/64 AR vs. Co. B, WTU

HUNTER CONFERENCE

Date	Teams	Times
Today	Co. F, 2/3 Avn. vs. Corps of Eng.	6:30 p.m.
	473rd QM vs. 1/3rd Avn.	7:30 p.m.
Feb. 16	USMC vs. Co. A, 603rd Avn.	6:30 p.m.
	24th Ord. vs. Co. B, 603rd Avn.	7:30 p.m.
Feb. 17	HHC, CAB vs. Co. C, 603rd Avn.	6:30 p.m.
	HHC, 260th QM vs. 2/3rd Avn.	7:30 p.m.
Feb. 18	Co. B, 169th vs. Corps of Eng	6:30 p.m.
	3/169th SOAR vs. 1/3rd Avn.	7:30 p.m.

For more information, contact the Fort Stewart sports office at 767-8238 or the Hunter sports office at 315-4160.

Rocky Conference Standings

Team	Won	Loss	Percentage
Co. A, 3rd SB	5	1	0.833
87th CSSB	5	2	0.714
3rd Sig.	4	2	0.666
984th Eng.	4	2	0.666
90th HRC	4	2	0.666
2-3 BTB	4	2	0.666
Co. B, 1/64 AR	1	2	0.333
Co. G, 1/41 FA	1	3	0.250
HHB, 1/41 FA	1	4	0.200
554th Eng. (B)	1	5	0.166
HHC, 26th BSB	1	6	0.142

Marne Conference Standings

Team	Won	Loss	Percentage
1/30 Inf.	10	0	1.000
Co. B, WTU	8	2	0.800
1/64 AR	7	2	0.777
Co. A, 1/9 FA	6	3	0.666
Co. A, 1/41 FA	4	2	0.666
MEDDAC	4	4	0.500
HHC, 1-3 BTB	3	5	0.375
Co. A, 26th BSB	3	6	0.333
HHC, 2/7 Inf.	3	7	0.300
Co. E, 3/69 AR	2	8	0.200
Troop B, 5/7 Cav.	2	9	0.180
554th Eng. (A)	1	8	0.111

Hunter Conference Standings

Team	Won	Loss	Percentage
HHC, 260th QM	7	0	1.000
Co. B, 603rd Avn.	9	1	0.900
Co. A, 603rd Avn.	8	2	0.800
2/3 Avn.	6	2	0.750
1/3rd Avn.	6	5	0.550
USMC	5	5	0.500
473rd QM	4	5	0.440
Corps of Eng.	4	5	0.440
3/160th SOAR	4	6	0.400
Co. B, 169th	2	6	0.250
24th Ord. Co.	2	6	0.250
HHC, 3rd CAB	2	7	0.222
Co. C, 603rd Avn.	0	8	0.000